

# Carol's Countdown – 6 months to go!

As I write this I can't believe it will only be 6 months until we go to Austria. The numbers have increased to 551, representing all 8 districts of GLSE, 1 group from Hastings and 3 from Barnet. Well done to Erith & Crayford who will have the largest representation in Austria covering all sections.



## Merchandise

We are in the process of ordering a small selection of goods that you will be able to order for Austria such as T-shirts, mugs, scarves and of course badges. There will be 1 badge per participant free which will be given to unit leaders on 9th February. Additional badges can be bought @ £1 on the night. A simple order procedure is being set up.

## Administration

We've had a change of Austria 2010 Administrator. I'd like to extend a huge thank you to Helen Watts for doing all the initial hard work to get everything up and running, whilst looking after 3 young children and studying at the same time. Sue Leonard, has kindly agreed to take over, even though I tried very hard to put her off. Sue has been part of Greater London Kent guides for longer than either of us care to remember and is a welcome addition to the Austria Team.

## Accommodation

Ever had to allocate 551 people into 3 villages, over 13 houses, 124 rooms and 615 beds? Whilst ensuring that cubs, scouts, explorers, network, adults, male and female are all segregated? No? Well it's quite tricky, as my fantastic team of Adie, Alf, Neil and I can confirm. Let's keep our fingers crossed and hope you all have a bed! We will be advising the unit leaders of the village and house you will be in at the Unit Leader Information evening overleaf, along with which other groups are in your house. We do, of course, reserve the right to juggle you around a bit after that date if we need to.

## Activities

I know this is the bit you're all waiting for! We are working on the final documents which will be available at the Unit Leader Information evening overleaf.

## Fundraising

How are you all getting along with fundraising? Good I hope, feel free to send in your pictures and articles of how you've been raising the money. Erith & Crayford District are running a Valentines Disco to raise money for the trip on 13<sup>th</sup> February for more information contact [Sharon\\_amass@btinternet.com](mailto:Sharon_amass@btinternet.com) - 01322 551680.

**Cabaret Night:** Bexleyheath Working Men's Club

**On:** Thursday 8th April 2010, 8pm-11.30pm

**Tickets:** £15 (includes supper) from Bill Gunn 01322 558 008.

We have 2 dates booked for bag packing at Marks & Spencers, Bromley on **Saturday 13<sup>th</sup> February and Friday 2<sup>nd</sup> April**. Come along and join in, retain 70% for your own fundraising and 30% comes to the central fundraising for all the little extra things we'd like to put on for you.

Please contact Sarah Zapple on [2010Communications@glscouts.org.uk](mailto:2010Communications@glscouts.org.uk) for more information or with email addresses of other leaders/parents who would be interested in receiving information about future fundraising.

## Payment Reminder

If you haven't paid your 3rd instalment of £100 per person it was due on 31st January!

Reminder of all payment dates:

- £100 – **31st January 2010**
- £100 – **31st March 2010**
- £100 – **14th May 2010**

Please try to send your payments through as a group on one cheque, rather than 32 individual ones, otherwise our treasurer will be banking over 2000 each time, creating a great deal of extra work. You wouldn't want to be stuck behind him in the queue!

**Cheques should be payable to:**

GLSE Scouts

**Send to:** 2010 Treasurer,  
Russell Zapple, 34 Beaumont Road,  
Petts Wood, Kent, BR5 1JJ

## Unit Leader Information Evenings

We will be holding two unit leader information evenings one in February and one in June. Both you, as unit leaders and the central team are taking the young people on an amazing

expedition. We need to ensure that everyone is aware of what is expected of them. During the evening we will cover the following topics;

- Emergency Action Plan – Home Contacts & Procedures
- Safe Guarding – Training, CRB & Procedures
- Health & Welfare – Permission Forms, Risk Assessments, First Aid, Medicine & Health Forms
- Villages – Codes of Conduct, Accommodation, Catering & Pre-Event Picnic
- Activities – Choices, Responsibilities and Special Needs

I apologise if we have picked the night your unit meets on but it is crucial that we all meet together so that everybody gets the same information. If it is your unit night, please try to get someone to cover your group meeting so that the senior leaders can attend the information evening.

The dates will be: **Tuesday 9th February**, 19:30 – 22:00 at Erith District Scout HQ, Cheviot Close, Erith DA7 6SP.

**Wednesday 30th June**, 19:30 – 22:00 at St James the Great Hall, 283 Crescent Drive, Petts Wood, Orpington, BR5 1AY.

## Are you fit for Austria? (Yes, this was in the last bulletin too but it's important!)

Talking to the staff from Jeka, it became apparent that typically the European Scouts view extreme canyoning as easy an activity to do between 2 day hikes into the mountains. However, many British Scouts are often exhausted by day 2 or 3 of the holiday. Let's start getting fit now and prove that the British are fit and healthy! You don't have to join an expensive gym, simply walk more, cycle more, swim more, run around more at group meetings. It will all help towards your base level of fitness and that goes for the Leaders, Staff and Networkers just as much as the Cubs, Scouts, Explorers! *The whole team has been working extremely hard and I would like to extend my personal thanks to all of them for supporting me.*

Our very own Mr. Motivator (who wishes to remain anonymous) has devised a simple five step plan to help you get fit for Austria. In this series, he will give you the basic steps to increasing your overall fitness in preparation for Austria and maybe it is something that you can plan into your troop nights!

Many of the outdoor activities done by Scouts may require a standard of fitness, in particular endurance fitness, to fully enjoy them. Activities such as hill walking / hiking, orienteering and kayaking are common activities which are generally completed over fairly long periods of time which requires a higher standard of fitness. However fitness training is not the sole answer to enjoying and achieving these types of activities. Other important factors include your diet before, during and after the activity, the equipment you take with you and your own personal administration.

Over the next few bulletins, I hope to give you some ideas to help get you fit for Austria.

### DIET

You may wonder what this is doing here, but diet is the body's fuel for completing these activities. Not only for

Austria but in general we all need to eat more healthily and why not set yourself a target and reduce your intake of fatty foods. In the time building up, think about what your body needs to help you on the day:

- Eat healthily and take on stores of carbohydrates in the couple of days prior to the event such as pasta.
- Make sure you are drinking plenty of water and not sugary drinks prior to the hike. You want to start the day full of good slow releasing energy such as the carbohydrates from the pasta and be fully hydrated.
- During any activity avoid rich sugary food as it will dehydrate you and make you feel sluggish after the initial high from the sugar. Take food such as fruit loaf, nuts and raisins. The same goes for drinking. Water is the only thing you need and you need it regularly so take enough and make sure it is accessible.

### FITNESS PREPARATION

Before any activity the first thing to do is warm up steadily. Stretching is a very important part to increased flexibility, but also to avoid damage to muscles. The best way to start is to just walk on the spot for a minute or so just to

get everything ready. Then on to the stretches themselves:

- Stand with your legs a shoulders width apart. Bending forward gently touch your right hand onto your left foot, holding for 10 seconds, then your left hand onto your right foot, again holding for 10 seconds. Repeat this three times for each.
- Gently try to bend forward and touch the floor. If you cannot do it at first **DO NOT FORCE IT**. As the stretching becomes more regular, the stretching will get easier. Hold for 10 - 20 seconds and slowly come back up. Repeat three times.
- Lean against a wall and bend your left leg back up towards your bottom and catch with your left hand. Pull upwards gently until you feel the muscle in front of your leg aching. Hold for 10 – 20 seconds and release. Swap to the other leg and repeat three times.

*Next issue we will look at preparing for a walk.*

**Permits** – We are keen to ensure that everyone has a safe and happy time. To assist us, if anybody holds nights away or activity permits please advise Jim Pitts [j.pitts@mail.crust.bbk.ac.uk](mailto:j.pitts@mail.crust.bbk.ac.uk)